



## **Tips for Choosing Lean Ground Beef**

With each lower percentage of fat you choose in ground beef under 20 percent – 15, 10 or 5 percent fat – you reduce the fat content in a three-ounce portion by about three grams. (For optimal health and cancer prevention, the American Institute for Cancer Research (AICR) recommends limiting your daily portion of meat to three ounces – the size of a deck of cards.) With less fat and more lean protein, each lower percentage also reduces a serving's calorie content by about 20. Although the differences may not appear huge, you can eliminate 6 grams of fat by simply selecting 10 percent fat instead of 20 percent fat ground beef. For even greater impact, make sure you stay with the recommended three-ounce portion. A double portion of even lean ground beef adds up to more fat than that in a single serving of full-fat ground beef. Lastly, for a real health difference in your meals, AICR advises you to fill your plate with at least two-thirds of plant foods like vegetables, fruits, whole grains and beans.

For more information on selecting other lean meats, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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